

Bangalore Mirror

TEMP Max 31 | Min 16 | Humidity 32%

Misty morning and partly cloudy

Sensex 55,858

Nifty 16,658

Gold 50,270

Silver 64,050

Dollar 75.06

Euro 84.62

GBP 100.58



'50% of affected patients are children, approximately 30% of them don't even make it till their fifth birthday'

RARE WINDOW

Karnataka only state to fund 10 patients

I Melvin Mathew
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TWEETS @BangaloreMIRROR

There has been a significant improvement in diagnosing rare diseases over the past 16 years, experts said. However, treatments still remain unaffordable.

There are about 7,000 rare diseases, out of which roughly 450 diseases have FDA-approved treatments — Gaucher disease, Hurler syndrome, Pompe disease, Duchenne Muscular Dystrophy, Wolman disease, Hypophosphatasia are examples of a few rare diseases.

Due to lack of awareness, there is quite limited spread of information about rare diseases even amongst the medical fraternity. Even if the first hurdle is overcome, treatments are highly expensive; there seems to be too little support available for patients suffering from rare diseases.

"Ten years ago, early diagnosis was the problem. But that is not a key concern now. Through our sustained efforts, we have been able to spread awareness. Coincidentally, there has been an increase in the number of patients with rare diseases. In Bengaluru, we used to see 300-500



"In Bengaluru, we used to see 300-500 cases per year which has gone up to 2,500 cases a year now."

— Dr Meenakshi Bhat, Centre for Human Genetics



cases per year which has gone up to 2,500 cases a year now. With increased awareness, more patients are coming forward for diagnosis," said Dr Meenakshi Bhat, consultant in clinical

genetics, Centre for Human Genetics.

Despite a rise in awareness, little is being done to make treatments affordable. "The cost of treatment is dependent on the

weight of the individual. As a person grows, the more expensive the treatment gets," added Bhat.

The rising costs can be attributed to higher costs of medicines

CONTINUED ON PAGE 8 >>

Yellow is green

In 2020 and 2021 many preferred turmeric Ganesha idols and immersed them at homes



I Garima Prasher
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TWEETS @BangaloreMIRROR

It's time for the Karnataka State Pollution Control Board (KSPCB) to reap the benefits of the 'Turmeric Ganesha' campaign. The board has been promoting eco-friendly idols made of turmeric and dough, instead of PoP (Plaster of Paris) and clay since 2020 and has been persuading people to immerse them at homes.

Now, in a study published by the board, the impact of Do It Yourself (DIY) Ganesha made of eco-friendly materials on Bengaluru's waterbodies is evident.

The study analysed water samples collected from 26 lakes in the city during the Ganesha festival over a period of five years. Samples were collected before and after idol immersions starting in 2016. The results show that while the majority of the lakes between 2016 and 2019 reported low water quality post idol immersions, only a handful of the waterbodies in 2020 had degraded water quality.

"Only 5% of the lakes in 2020 were found to have low water quality. While a part of the impact can be attributed to the covid-induced lockdowns, our campaign had a holistic approach. It was not just about having an eco-friendly Ganesha but also immersing the idols at homes. We advocated a traditional way of celebrating

CONTINUED ON PAGE 8 >>

3 THINGS TO DO



01 Art for the heart

Esthetique 2022 organised by Kreative Minds is an online art exhibition featuring works of many contemporary artists in many mediums. They are all presenting their works on the theme - My Style My Art. You can view and purchase their works via the exhibition.

Where: YouTube

When: February 28 and March 2

Contact: 8585073660



02 Wall of Love

Be a part of the Urban Solace Wall of Love! Just go over to the café all through the month of February, pick up a heart and write down what love is to you! Over the last 11+ years, the Urban Solace Wall of Love has been a singular attraction that brings hundreds of guests who come into Urban Solace and write down on a paper heart what love means to them... These expressions are an indication of the mind and heart that people are in.

Where: Urban Solace, Annaswamy Mudaliar Road; Readers can WhatsApp their message to 9845013055 or send an email to myurbansolace@gmail.com



03 Open mic

Frontrow is organising open mic sessions, twice everyday. Do you have a special talent for jokes? Here's your chance to try your best jokes out in front of a live audience. Book your virtual seats now and get ready to laugh or make people laugh. Each session will last one hour and 15 minutes.

Where: Online

When: At 8 and 10 pm

Register: bookmyshow.com FREE

Too much stress, too soon

Not just teenagers, children as young as six are finding it tough to go back to school, adjust to offline classes, are seeking psychotherapy, medication

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Cases of child psychiatry have gradually increased due to a lack of attention to anxiety or depression. Children have been facing it all throughout the pandemic. Now, they're finding it difficult to attend offline classes again.

Health professionals said from developmental delays in preschool kids to worsening attention deficits and academic backwardness, children are facing many issues. It is not just teenagers or adolescents. Children between 6 to 12 are also experiencing various issues.

Dr Raghavendra Kumar K, Consultant (Child & Adolescent Psychiatry), Aster CMI Hospital said, "No age-group is spared of the harmful effects of this pandemic. Each age group has its own susceptibility to certain categories of illness. For instance, the effects in preschool aged children is more likely to be manifest as developmental delay; for children aged 6 to 12 years, most likely manifestation is anxiety and emotional or behavioural difficulties. For teenagers, suicidality and self-harm is the most serious condition afflicting them."

Many parents had been waiting for the schools to reopen so children can get back on track, attending classes and spending ample time in school by learning



SPOTLIGHT ON MENTAL HEALTH

No age group is spared of the harmful effects of this pandemic. Each age group has its own susceptibility to certain categories of illness

and interacting with teachers and friends. But many children are found refusing to go to schools.

"Kids are finding it difficult to return to school for several reasons. The most common one being, disruption and uncertainty that has prevailed in the past two years. Several kids do not

know what their school building looks like. They joined a new school two years ago and before they could start schooling, disruptions happened. Graded return to school is a suggested remedy for this," said Dr Kumar.

Dr Swapna Bondade, Consultant (Psychiatry), Narayana Multispeciality

Hospital, HSR Layout, stated that many have been apprehensive about going to schools.

"As children had online classes and hadn't met teachers for long, suddenly going back to school and interacting with teachers and coping with classes offline seems to be difficult. Many children who came to me were apprehensive if they would be able to connect well in person with teachers or if they can perform well," said Dr Bondade.

Dr Kumar also said socialising was a problem. "Children are having socialising problems due to very limited or restricted opportunities for interaction over the last two years. Supportive words and an encouraging approach works best instead of forcing or criticising kids."

Many children were given treatments with a combination of psychotherapy and medications.



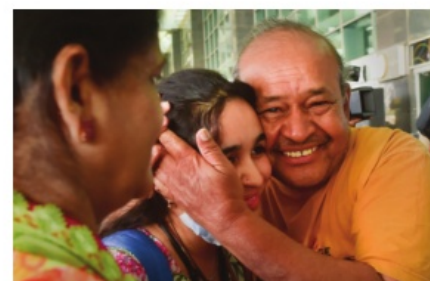
30 stranded in Ukraine return home

The Kempegowda International Airport (KIA) witnessed an emotional reunion when 30 students stranded in Ukraine arrived in Bengaluru on Sunday. According to Karnataka State Disaster Management Authority (KSDMA), based on submissions it has received so far, 397 people were stranded in Ukraine, of which 129 were from Bengaluru.

"The Embassy of India, Kyiv, (in Ukraine) has started evacuation of stranded Indian nationals. The evacuation flights operating under "Operation Ganga" started evacuating stranded Indian citizens in Ukraine through bordering countries including Romania, Budapest, Bucharest, etc. Around 30 students hailing from Karnataka have been safely evacuated," the nodal officer, KSDMA Commissioner Manoj Rajan, said in a statement.

A student said: "They (Indian government, Indian Embassy, Karnataka government) brought us safely. They arranged flight tickets for us."

Another student said, "We were evacuated through Romania's border, as we were in



Parents greet their children, evacuated from Ukraine, upon their arrival at KIA

western part of Ukraine, but don't know how authorities will evacuate those stranded in other parts like Kyiv."

Recalling horror

Hiding in bunkers, their supplies were diminishing.

"Our friends are in bunkers in Kharkiv and Kyiv. The temperature is minus two degrees there; they should be rescued at the earliest," stated Vijayalkshmi, who landed at KIA on Sunday.

"As soon as our embassy asked us to move, we started the journey... The news of deaths disturbed us, although we wanted to remain calm."

Chaya Chandrashekar, another student, said it took a long time for them to reach the border of Romania. "Once we reached there, we were taken to the airport and the Indian embassy helped from there on. Our friends are still there. We were on the western front, there was no bombing in that region," she said.

Meanwhile, Ankita, a student stuck in Kharkiv, said in a video: "Don't stop praying for us. There is food scarcity and the cost of bread and biscuits have also gone upwards. Water is not available and we are drinking tap water."

She added she doesn't know how long the tap water would be available. She said they are following protocols and she is positive they will get through it. She said they are courageous to face the situation and asked parents also to be courageous. "The government should ensure food and water for us," she said.

-BMB and agencies

Biker has rude, violent brush with car driver

Man escapes alive from drunken fury of driver who assaulted, threatened to kill him

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In a road rage incident, a 28-year-old biker was thrashed by a stranger who was driving his car in a rash and negligent manner and almost hit the bike.

The driver who was drunk picked up an iron rod and started to assault the biker and even ran over his bike

while fleeing in HSR layout.

Sagar M, a resident of 4th sector HSR Layout, filed a complaint with the police on Friday. He told the police that on Friday evening, he had stepped out for a bite and was returning home around 8:30 pm when the incident took place.

"I had reached near 2nd sector HSR Layout when a speeding car stopped suddenly near my bike. I stopped my bike and honked. Two unknown men got down and

started to abuse me. I tried to turn my bike around but they fished out an iron rod and a spanner and attacked me on the left side of my head," he said.

According to Sagar, the two seemed to be intoxicated and kept trying to attack him.

Threat to life

"I managed to snatch the rod from their hands but they began slapping me. I went to my bike and

started the engine to take off so they started the car and hit my bike. I jumped on the other side and managed to escape while they ran over my bike and threatened to kill me. Hearing the commotion, the public gathered around so the driver tried to threaten them too by taking the vehicle very close to them," he said.

He told the police that he alerted his relative who came to the spot and rushed him to a hospital

A speeding car stopped suddenly near my bike. I stopped my bike and honked. Two men got down and abused me

for treatment.

"I had to get three stitches on the back of my head and then approached the police," he said.

A senior police officer said that the accused was drunk and picked a fight with the complainant.

Humiliations of loan app trap

Many companies have hired teams to hound people and even their families

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There was a time when goons would reach the doors of a loan defaulter or seize their vehicles in the middle of the road. However, with changing times, loan recovery agents' modus operandi too has transformed. People who have taken loans from apps are facing different kinds of harassment. Some apps are hiring teams to call up all the contacts of the person who availed of the loan, to insult the person, and make claims of cheating or offer rewards to those who catch the person.

Recently, a 32-year old businessman reached a police station with a complaint that he is being harassed by an 'app' team. He told Bangalore Mirror he had taken a loan of Rs 10,000 from an app. "Though I promptly repaid the loan, I started getting messages that they haven't received my money and want me to pay it once again. When I refused to pay, I got threatening messages. So, I blocked the number but I started receiving the message from various numbers. As if this were not enough, my sister, brother, friends and even my boss received a message that I am a fraud," he said. One of the audio messages accessed by the BM team says, "This man has taken money from us and has vanished. He is a fraud. Now, he is not taking any of our calls as we are desperately trying to reach him. If you know him, then please let us know and we will also reward you for



"I am scared to go out. My friends and relatives too have received messages"

—A victim

the information."

How do these companies access people's contacts? A police official explained that to take a loan, a customer has to download the app. "While downloading the app, it seeks permission to source contacts. Later the company's executives use these contacts to send threatening messages to insult the loan taker. Many apps don't process the loan if access is not granted to contacts."

Suresh Kumar, whose brother was a victim said, recently, he got a message from a number saying bad things about his brother. "I called the number, but there was no answer. When I messaged, I was told that this was the right way to teach a lesson." Sources said this online harassment has

reached such a level that many victims are falling into depression. "I have given all my details including my PAN and Aadhaar cards. I am scared to go out. Many of my friends and relatives too have received messages. This is embarrassing. I am regretting my mistake," said a victim.



BM's report on Feb 25 spoke about the loan app menace that is spreading fast

LIC IPO

Reservation for Policyholders

To participate, policyholders must meet the following criteria:

- Resident Individual Policyholders of the Corporation having one or more policies of the Corporation as on February 13, 2022 and Bid/Offer opening date are eligible.*
- Policyholder's PAN details should be updated with the Corporation on or before February 28, 2022.

* Please also refer draft red herring prospectus dated February 13, 2022

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- OR
- Visit either of these websites for registered Depository Participants (DP) to open a DEMAT account:
NSDL: https://nsdl.co.in/Open_NSDDL_Demat_Account.php
CDSL: <https://www.cdslindia.com/DP/dplist.aspx>

LIFE INSURANCE CORPORATION OF INDIA is proposing, subject to applicable statutory and regulatory requirements, receipt of requisite approvals, market conditions and other considerations, to undertake an initial public offer of its Equity Shares and has filed the draft red herring prospectus dated February 13, 2022 ("DRHP") read with the corrigendum dated February 15, 2022. The DRHP is available on the websites of SEBI at www.sebi.gov.in, websites of the Stock Exchanges i.e., BSE at www.bseindia.com and NSE at www.nseindia.com, respectively and is also available on the websites of the BRLMs, i.e. Kotak Mahindra Capital Company Limited at <https://investmentbank.kotak.com>, Axis Capital Limited at www.axiscapital.co.in, BofA Securities India Limited at www.mfi-india.com, Citigroup Global Markets India Private Limited at www.online.citibank.co.in/rhtm/citigroupglobalscreen1.htm, Goldman Sachs (India) Securities Private Limited at www.goldmansachs.com, ICICI Securities Limited at www.icicisecurities.com, JM Financial Limited at www.jmfi.com, J.P. Morgan India Private Limited at www.jpmfi.com, Nomura Financial Advisory and Securities (India) Private Limited at www.nomuraholdings.com/company/group/asia/india/index.html and SBI Capital Markets Limited at www.sbicaps.com. Potential investors should note that investment in equity shares involves a high degree of risk and for details relating to such risk, please see the section titled 'Risk Factors' of the RHP, when filed. Potential investors should not rely on the DRHP filed with SEBI for making any investment decision. Specific attention of the investors is invited to "Risk Factors" beginning on page 23 of the DRHP.

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SONG & DANCE FOR SAFETY

Volunteers, traffic wardens perform street play, skit to emphasise on safety rules for motorists. Stars of show were Lord Ganesha, Yamaraj, Chitrugupta

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From dancing on the street to depicting Lord Ganesha, Yamaraj and Chitrugupta in their street act, a group of volunteers along with the traffic wardens in the city are spreading awareness on road safety and the importance of wearing helmets.

Volunteers from Being Social-Ek Nayi Shuruat, an NGO, took up an initiative with the traffic wardens on Sunday evening where they performed street plays on road safety awareness. Ritesh Jain, one of the volunteers from Being Social, said that three volunteers wore costumes of Lord Ganesha, Yamaraj and Chitrugupta and stood on the road talking and interacting with the pedestrians and motorists. "Even young children joined us. They stood holding posters at the traffic signals of Brigade road, MG Road and Church Street. One of the volunteers acted as an accident victim and wrapped bandages on his head, hands and a leg. He walked around talking on his phone to give out a message that they would end up like him if they used mobile phones while riding/driving."

He added that in the act, Lord Ganesha keeps stopping bikers riding without helmets and spread awareness on the importance



A street play at Church Street in which a person acting as an accident victim pulled off a step from a popular song; Lord Ganesha (inset) told everyone to wear helmets

of helmets. "Yamaraj was interacting with the accident victim who had died

after meeting with an accident while talking over the phone. He kept dragging him to hell while Chitrugupta was reading out the old traffic violations by him to point out that he had not only risked his own safety but also the pedestrians and the other motorists while riding," he said.

Feroz Khan, an assistant chief traffic warden, said that he along with six other traffic wardens were present for the awareness

drive where they interacted with people to give a clear message on road safety and traffic guidelines.

"We started from Cubbon Park where we held megaphones and read messages on road safety asking people to wear seat belts while driving a car and wear helmets while riding two wheelers. We had a good street play on Church Street where one of the volunteers who was acting as an accident victim, danced to the recently released popular song, Srivalli and performed the hook step from it. This was to show that after an accident they could only limp and walk that way which would only look good on screens and not in

Young kids also joined us. They held posters and stood at traffic signals of Brigade road, MG Road and Church Street

—Ritesh Jain, Being Social volunteer

real life," he said.

A veteran biker, Devesh Agarwal, had also joined them and spoke to the public asking them to follow traffic rules. He shared his experience on his world tour on his bike and told the audience that he always wore his riding and protective gear while riding and requested people not to break rules and maintain road safety rules.



Keeping Ambareesh in memories

Memorial for late actor and politician to come up at Kanteerava Studio is taking shape

A memorial for late Kannada superstar Ambareesh that attracts visitors from neighbouring states would be built, Chief Minister Basavaraj Bommai said on Sunday after performing a ritual for Ambareesh's memorial at Kanteerava Studio.

"I used to call Ambareesh as Ambareesh only. It is the same even now. Ours is a 40 year old friendship. We used to eat and roam around

CM on his friend: Ours is a 40-year-old friendship. We used to eat and roam around together. Did usual things and also unusual things

together, did usual things and also unusual things," Bommai said recalling his association with Ambareesh.

"Ambareesh's life is like an open book. He lived according to his own terms. He was always the one who lives according to his own terms and his conscience is the real hero. Ambareesh never compromised with his conscience. It was a God's gift. He was born with leadership qualities. Though he started his cinema career as a villain, he emerged as a superhero as he was a born hero," Bommai said.

Love for Mandya

He had a strong attachment for Mandya. His presence was electrifying wherever he was.

"Ambareesh had a big role in making Kannada film industry's



presence in other states. He had friends in every place. He was fondly called the Ajatha Shatru. He was loved by everyone," Bommai said.

Always detested power in politics

Ambareesh had a special affection

for the poor and farmers. "He had no penchant to stick to power. He always detested power in politics. Such people are very rare. When the Cauvery water dispute erupted he quit from the Union ministry without thinking even for a minute. Ambareesh is the only politician who gave up power during Cauvery agitation," Bommai said.

Puneeth Memorial too coming soon

Expressing his grief at the demise of Kannada film icons Dr Rajkumar, Vishnuvardhan, Shankarnag and Puneeth Rajkumar, Bommai said that a memorial for Puneeth would be built soon. The date for presenting the 'Karnataka Ratna' award to Puneeth would be announced, Bommai said. —IANS

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Take care!

Shampur Road



A patch of Shampur Road, before Ambedkar College, has been lying in a broken condition. The issue worsens with some vegetable vendors dirtying the place with irregular garbage disposal. The road needs to be maintained.

Level up

RR Nagar



The height difference between the footpath and a bakery on JN Street in RR Nagar is posing danger to pedestrians, especially senior citizens. This issue has to be addressed at the earliest.

Clean it, ASAP

Austin Town



A huge pile of waste dry leaves lying at Bettappa Park in Austin Town has not been cleared by the horticulture department for many months and it may catch fire at any moment. We need the authorities' cooperation.

N95s not allowed in exam halls

KEA's new guidelines show, the authority won't take chances with any scope for malpractice



Candidates may wear only surgical masks to the test centre

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Karnataka Examinations Authority (KEA) issued a dress code list which bars candidates from wearing N95 masks. "As per Covid-19 safety guidelines, candidates must wear only surgical masks which are supposed to be semi transparent. N95 masks and cotton masks are not allowed..."

Further, male candidates must wear half-sleeved shirts/t-shirts instead of full-sleeve ones. Their clothes must be light, without zip pockets, pockets, big buttons and elaborate embroidery. Trousers and simple pants are preferred and kurta and pyjamas are banned for men.

"Shoes are strictly prohibited inside the examination hall... Candidates must wear sandals and chappals with thin soles. Male candidates are not supposed to wear jewellery. Females are advised against wearing clothes that have elaborate embroidery, flowers, brooches or buttons... Clothes with full sleeves can't be worn on the day of examination. Female candidates must wear half-sleeved clothes. It is best to avoid high heels and thick-soled shoes... Low-heel footwear is also allowed. Female candidates must avoid wearing any kind of jewelry like earrings, rings, pen-

dants, necklaces, bracelets or anklets," as per the rule.

Candidates must also ensure they do not carry prohibited items to the exam centre. Of course, mobile phones, pen drives, earphones, microphones, bluetooth devices, and wrist watches are not permitted along with packed food items. Even pencil, paper, erasers, scales, geometry boxes, calculator and log tables are prohibited inside the test centre. Wallets, goggles, belts, caps, accessories, cameras and ornaments are also not allowed. Students will be allowed to take transparent water bottles without any labels.

This dress code applies to candidates who will be writing the Competitive Examination from March 12 to 16 for recruitment of 1,242 posts of Assistant Professors in Government First Grade Colleges. Candidates who arrive to write the examination should also adhere to the scheduled dress code. In the past, many candidates had missed exams due to late arrival of trains. Hence, KEA officials have said, "In view of the delay in arrival by bus, train, etc., candidates have been advised to take extra precautions in reaching the examination centre before the scheduled time and be present in the exam centre premises at least one hour before the time fixed for the first bell for the respective session."

State reports 366 new cases, 17 deaths

On Sunday, Karnataka registered 366 fresh coronavirus cases and 17 virus-related fatalities, taking the aggregate to 39,40,795 and the toll to 39,936.

There were 801 discharges, pushing the total number of recoveries in the state to 38,94,333, a health bulletin said. Of the new cases, 224 were from Bengaluru Urban that saw 326 people being discharged and 11 virus-related deaths.

The total number of active cases



across the state is now 6,488.

While the positivity rate for the day stood at 0.69 per cent, the case fatality rate (CFR) was 4.64 per cent.

Of the 17 deaths, 11 were from Bengaluru Urban, one each from Bidar, Chamarajanagara, Dakshina Kannada, Kodagu, Raichur and Udupi.

After Bengaluru Urban, Belagavi and Mysuru recorded the second highest number of cases at 17, Dakshina Kannada 10, Kalaburagi and Ballari 9, Hassan 8, followed by others.

Bengaluru Urban district now has a total of 17,78,361 cases, while Mysuru has 2,29,269 and Tumakuru 1,59,721.

-PTI



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Contact: 01262-228613/ 9053002622

Congress kicks of padayatra 2.0 with a bang

After 'Omicron' break, the Congress party kickstarted the Makedatu 'padayatra' on Sunday with beating of drums and recital of 'Vande Mataram' in Ramanagar district. The padayatra is being organised demanding commencement of Makedatu reservoir work to "provide drinking water to Bengaluru and surrounding areas". AICC General Secretary Randeep Singh Surjewala inaugurated the padayatra by beating drums

along with State Congress President DK Shivakumar, Opposition leader Siddaramaiah, Legislative Council Opposition leader BK Hariprasad and other prominent leaders.

Shivakumar stated that it is a "historical walk", taken up as per the highest traditions of struggle of the Congress party, and he won't bother about the criticism by the ruling BJP government. The walkathon is being inaugurated in the most auspicious time, he said. "This



is not our struggle, this is a struggle for the lives of the people of state. It is a struggle launched to provide drinking water to Bangaloreans. We should brave the sun for these five days," he urged. "BJP, which is in power at the Centre as well as in the state, could commence the work after getting clearance from the environment department in two days. If they do so, we will come in the same numbers to extend our support," Shivakumar asserted.

DKS turns 'music arranger'

On Sunday, before the launch of padayatra DKS was seen encouraging the drummers to set the tone. Accompanied by his bodyguards, he went to different music troupes and asked them for specific beats. The drummers' enthusiasm knew no bounds when DKS responded to the music. As a few of his supporters tried to join in, DKS's bodyguards prevented them so that DKS could continue with his music arranging without any hindrance.

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GREEN FINANCING ENABLES EASY EV'ING

Workshop held to brainstorm innovative policies for transport decarbonisation

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TWEETS @BangaloreMirror

With no financial support, many are not willing to come forward to buy electric vehicles (EVs). Hence, NITI Aayog and World Resources Institute (WRI), India recently conducted a virtual consultation workshop on 'Financing for Decarbonization of Transport' as part of the NDC-Transport Initiative for Asia (NDC-TIA) project.

The aim of the workshop was to identify actionable strategies and bring together financing institutions and transport organisations to collectively work towards furthering innovative financing policies for the decarbonisation of transport.

The workshop was attended by dignitaries from various ministries, NDC-TIA project partners, representatives of Indian banks, international financial institutions, private sector companies, stakeholders and experts from the transport and financing sectors.

NITI Aayog CEO Amitabh Kant said, "We need more such financial instruments to provide a further impetus to clean mobility in India. This is why we need to bring States, domestic and international financial institutions, manufacturers and operators on the same page."

This apart, Pant mentioned, "We must come up with financing mechanisms that are widely applicable, acceptable and sustainable. We must foster shared mobility by leveraging private sector investments and unlocking financing for e-buses, which form the core of public transportation in our cities."

He says the aim should be to



balance the needs and aspirations of our citizens, improve liveability and productivity by improving connectivity, bring down the cost of logistics and accelerate clean mobility while taking an approach that is climate-centric and sustainable.

"Green financing will enable low interest cost financing of electric vehicles."

Dr Stephen Koch of WRI said, "India requires a robust road-map for the electrification of transport. Financing plays a crucial role here."

Mobilisation of capital is possible through multi-stakeholder collaborations. The NDC-TIA initiative brings together a wide spectrum of

participants to facilitate peer-to-peer learning and information exchange on various themes."



WRI India CEO Dr OP Agrawal said, "Transport, the third-most greenhouse-gas-emitting sector in India, accounts for 14 per cent of our energy-related CO2 emissions. It is also the most rapidly growing sector in the country. Therefore, moving towards a low carbon future would necessarily include accelerated decarbonizing of the transport sector."

Amit Bhatt, Executive Director (Integrated Transport), WRI India, said, "The lack of availability of financing is one of the biggest impediments towards the decarbonisation of the transport sector. Strategic investments and innovative financial solutions can kickstart an accelerated transition to 100 per cent zero-emission motor vehicles, which is an essential takeaway from the COP26 declaration."

CHARGING POINT

Add thrust to EV sector: Traders

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With Chief Minister Basavaraj Bommai all set to present his maiden Electric Vehicle budget on March 4, industrialists are now requesting the CM to give more thrust on EVs.

The Federation of Karnataka Chambers of Commerce and Industry took part in a pre-budget meeting with Bommai and requested for improved infrastructure for meeting the increasing demand for EVs. The members requested for the procurement of ethanol fuel as it is cost effective compared to the other biofuels and is ecologically effective. It also helps in reducing global warming.

I S Prasad, President, FKCCI, said, "Looking at the condition of countries like Russia and Ukraine, it is important that our country not to depend on them for the export of diesel and petrol, which will incur high costs. We should make such a system that we will be self-sufficient."

The members also laid stress on the sustenance of renewable energy. They opine that it is important to raise electric vehicles to a higher platform because their maintenance cost is extremely low. The vehicles also have no emissions, hence they will greatly contribute towards making the city pollution-free.

With no tail pipes, electric vehicles have no CO2 emission. This helps in reducing air pollution. The vehicle also makes less to no sound, reducing noise pollution.

The members mentioned about the EV policy, according to which the person purchasing an electric vehicle will not have to pay taxes. Keeping the increasing demand in mind, they also requested for increasing the charging stations for electric vehicles.

While electric vehicles are trying to make a mark in Metro cities like Bengaluru, the EVs are now in a great demand in Tier-2 cities and tourist places. Battery-powered vehicles are a big hit in Hampi. They are promoted by the Regional Transport Department in the city to prevent air pollution, with a focus on the world heritage site Hampi.

As petrol prices are skyrocketing, air pollution is also on the rise. To avoid a Delhi-like situation, the Department of Transport in Hampi has instructed the sale of electric

EVs hit in hinterland too

vehicles including two-wheelers. So the department is raising awareness through "Air Pollution Control Month" and other initiatives.

With all these, the city's regional transport office registered 65 battery-powered vehicles in three months. Earlier, there were around 124 vehicles registered since 2015.

Local retailers say now 10-15 electric bikes are selling per month. "People still have apprehension and

doubts about the performance. But, some are buying. Electric bikes will definitely become a big market in two years. Officials of the regional transport department conducted a meeting with the showroom owners of the city and advised to put more emphasis on the sale of battery-powered vehicles.

An RTO official said, "Battery-powered vehicles will help protect the tourist spots from air pollution."

E-vehicle to sell fresh fish

Fish sellers will get fish-shaped e-vehicles that provide fresh fish to consumers and also provide a convenient fish selling experience to fishermen. Initially, these vehicles were planned to be released in coastal districts, and gradually will be introduced to other districts also.

The Department of Fisheries built an e-vehicle, which was installed

with solar panels and cold-storage facilities for providing fresh fish to homes. Developed as a part of the Prime Minister's Matsya Sampada project, the electric vehicles will be distributed in the next 15 days to fishermen.

Minister for Fisheries, Ports and Inland Transport Department S Angara said, "We will provide solar-powered, freezer-installed electric vehicles to fish sellers. To provide fresh fish to homes and create employment opportunities is the main purpose of this."

-Prakash VL

Turmeric idols saving lakes



Though from 2016-2019, more PoP and clay-based idols were the rage, since then turmeric idols are popular

CONTINUED FROM PAGE 1

the festival and could reach over 1.5 crore people in Karnataka with the help of various media platforms. The campaign helped people understand the benefits of eco-friendly idols and home immersion in terms of water pollution, solid waste management and noise pollution," said Santosh Sutar of KSPCB.

Notably, most of the idols during the festival between 2016 and 2019 were PoP and clay-based. However, in 2020 and 2021 many preferred Turmeric Ganesha idols and immersed them at homes.

The water samples were tested for parameters such as electrical conductivity, pH value, dissolved oxygen level, biochemical oxygen demand and level of free ammonia and boron. Post analysis, water quality was categorised under five classes, ranging from Class A to Class E. Waterbodies categorised under Class A signify drinking water sources without conventional treatment but after disinfection; whereas waterbodies categorised under Class E imply contaminated water.

Pollution control										
Year	Class of lakes & water quality (in%)									
	Before Idol Immersion					After Idol Immersion				
	A	B	C	D	E	A	B	C	D	E
2016	-	-	35	65	-	-	-	-	52	48
2017	-	4	48	48	-	-	-	4	48	48
2018	-	4	15	81	-	-	-	-	77	23
2019	-	-	9	91	-	-	-	-	-	100
2020	-	-	47	47	6	-	-	5	90	5

As per the study, while 100% of the waterbodies in 2019 were found with category E water quality, this number was 23% in 2018 and 48% in 2017 and 2016. However, all the lakes before the idol immersion across all five years were found with Class C and Class D water quality.

"Before the 'Turmeric Ganesha' campaign kicked off, most of the waterbodies recorded Class E water quality due to the harmful impact of PoP and clay. However, during the campaign years (2020/2021), since the majority of the people immersed the idols at homes, only a handful of the lakes recorded poor water quality," the study noted.

According to the board, even if the Turmeric Ganesha idols were to be immersed in the lakes, the impact would be far less severe. "While Ganesha idols made of PoP are loaded with chemicals and heavy metals, clay Ganesha compromises the storage capacity and biodiversity of lakes. However, turmeric is soluble and has antibacterial, antiviral, anti-inflammatory properties, thus the impact on waterbodies is not as harmful," added Sutar.

Encouraged by the results, the board is planning to continue with the campaign for the next Ganesha festival too.

Developers said that many are buying own houses after the Covid

Revenge spending on property buyers' mind



Visitors through the Sri Datri VK Property Expo 2022 on Sunday

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The real estate sector is bouncing back as Bengalureans are going for revenge spending on properties. Real estate developers said that after two years of Covid and work from home (WFH), Bengalureans now want to do revenge spending on big-ticket projects like property. This was quite evident from the Sri Datri VK Property Expo 2022 (powered by Bangalore Mirror) as thousands turned up on the final day of the two-day expo.

SP Dayanand, Managing Director, DS Max told Bangalore Mirror, "People are coming out of Covid shadow and now showing greater interest to buy properties. Once the WFH is removed, real estate will get a big push. If all those who had returned to their villages return, then the properties will get much more value. Jagannath Jakka General Manager (Sales and Marketing), KNS Infrastructure Private Limited said, "Due to WFH, many decided to own homes. Many feel that investment in property will get maximum returns. Hence now, many are showing interest to buy properties."

Developers said that many are buying own houses after the Covid

This expo gave the customers a chance to buy sites and flats approved by RERA/BDA/BMRDA. It also gave info about housing projects

pandemic struck. Now, developers are also becoming flexible and offering tailor made properties to suit customers. As many shifted work to their homes, there has been a great demand for spacious houses. Customers are showing interest for bigger houses especially in the outskirts where the pollution is also lesser. The demand for real estate is growing at areas like Kanakapura, KIA, Mysuru and Tumakuru roads.

Meanwhile, more than 20 real estate developers, builders participated in the Sri Datri VK Property Expo 2022". This expo gave the customers an opportunity to buy the sites and flats which were approved by RERA/BDA/BMRDA. This expo also provided information about housing projects by prominent real estate companies, builders, and developers. This property expo also provided an opportunity for buying agricultural land. Many city dwellers wanted to purchase agricultural land and enjoy the farming experience.



Prices high as drugs are not made in India

CONTINUED FROM PAGE 1

and tests. One major factor influencing shooting prices is the low demand in comparison to other pharmaceutical drugs. Another reason for the high price is most of the medicines are not manufactured in India but imported from US or Europe.

"The situation is getting better. Now, tests are available in India. Through centralised labs, anyone across the state can get tested," added Bhat.

However, the tests are highly expensive too and not covered under health insurance.

According to experts, the National Policy for Rare Diseases, 2021, has

also not been helpful. The beneficiaries of the policy have been categorised into three groups. The first group consists of rare disease patients who require one-time treatment. They will receive funding from the central government up to Rs 20 lakh. As per the policy, the first group incentives will not be limited to BPL patients alone but will be extended to about 40% of the population, who are eligible as per 23 norms of the Pradhan Mantri Jan Arogya Yojana, for their treatment in government tertiary hospitals only. In the second group, the beneficiaries belong to patients suffering from rare diseases that can be managed with special diet, hormonal supplements or other relatively low-cost interventions. In

“Government needs to wholly support patients with rare diseases financially. The solution can only come from govts and not NGOs or individuals

—Prasanna Kumar Shirol, ORDI

such cases, the state government will consider supporting the patient. The third group is of patients whose expenses go up to crores of rupees; in this case, a digital platform will be set up to gather funds because of

resource constraints.

"The policy is not supportive and is largely aimed at BPL patients. Even if the estimated expense is Rs 50 lakh a year and the government gives a 50% subsidy, families of patients have to bear at least Rs 25 lakh — which is still a huge sum to raise. Government needs to wholly support patients with rare diseases financially. The solution can only come from governments and not NGOs or individuals," said Prasanna Kumar Shirol, co-founder and executive director of Organisation for Rare Diseases India (ORDI).

Notably, Karnataka is the only state to fund 10 patients with rare diseases since 2016.

Experts also make a case for man-

ufacturing the medicines in India itself. Previously, the formula diet required for some patients had to be imported at a cost of around Rs 25,000 per month. This was brought down to Rs 1,000 per month after it was manufactured in the country.

"India has great potential and a high burden of rare diseases. Manufacturing medicines could be the boon we are yet to see," added Shirol.

"Patient registry for rare diseases is required taking into account that 50% of the affected patients are children and approximately 30% of them don't even make it till their fifth birthday. The patient registry will also give way to early diagnosis," he further noted.



FAST; DO IT

Learn methods, benefits of fasting to unlock better health and lifestyle

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TWEETS @BangaloreMirror

Fasting can be traced back to ancient times when not consuming any food for a couple of days at a stretch was a major part of many religious and cultural practices. In many parts of the country, fasting is still carried out as 'Vrat'. In recent times, several benefits of fasting have been highlighted by researchers who are associating it with better health, especially given the lifestyles we are living.

Previously, the benefits of fasting that were limited to weight loss and fat utilisation are now being extended to other areas of health like hormone regularisation, improvement in memory and even sleep. To help more people reap the benefits of fasting, many easy and doable methods have been designed by the scientific community that are sustainable even in the long run.

Whether you have been fasting because elder members of the family have asked you to or have been reading up on the internet about gym-goers waxing poetic about the benefits of fasting and noticing significant bodily improvements because of working out in the fasted state, and have been inspired to try, here are a few things one should know about it.

In extremely simple terms, fasting means voluntarily abstaining from consuming any food and in certain cases even beverages for a stipulated period that usually lasts between 12 to 24 hours. It started as a practice to heal the body from within by providing the digestive systems a much-needed break from breaking down food.

Pro tip: Fasting is not starving or even a diet, instead it is a lifestyle, and more importantly, an eating pattern that people have adopted.

Methods

In recent times, fasting has been adopted to meet the needs of people who want to lose weight in a sustained and healthy manner without giving in to fad diets. The most popular fasting method is called intermittent fasting where people consume foods only within a strict time window. There are three most popular and effective methods of fasting that are widely followed around the world. It is interesting to note that IF focuses on significantly improving the secretion of hormones like HGH which are responsible for muscle growth and fat loss.



Any questions? We have answers

● Is fasting healthy for your body?

When done under the medical supervision of doctors or along with workout plans given by knowledgeable physical trainers, fasting can help the body to get rid of the excess kilos. According to Sule, the weight shed by the body in the initial stages is simply water weight — that is excess water that is being held in the body. "If proper care is not taken or one resorts to eating normally too soon, this weight will return," he says. Under any circumstance, fasting is not starving but is limiting your body's calorie intake between a stipulated period that has positive effects on it.

● Can you work out while fasting?

In short, the answer is yes. Not only is

it advisable to work out on an empty stomach but also encouraged as working out in a fasted state leads to enhanced utilisation of body fats. This practice is believed to lead to an increase in the production of human growth hormone (HGH) that helps in building muscles and burning fat.

● Does sleeping count as fasting?

Yes. Most people who follow the 16/8 fasting method do so by skipping breakfast in the morning, making lunch the first meal of the day and dinner they're last. This way, at least 8-10 hours of their fasting is spent while sleeping. Intermittent fasting is also considered to help improve the quality of sleep in adults as well as circadian rhythm. It is especially helpful for those who experience awakenings during the night.

are eating responsibly.

16/8

This is the most preferred fasting plan that usually involves eating 3 healthy meals within a period of 8 hours (eating window) and fasting for a total of 16 hours. Most people tend to skip their breakfast and make lunch the first meal of the day while following the 16/8 plan also called the Leangains protocol.

Eat-stop-eat

This involves fasting for 24 hours at least once or twice a week that doesn't restrict calories or even when you eat on the days when you are not fasting as long as you

5:2

This method is like the Eat-Stop-Eat method, except that instead of fasting for 2 days of the week, you are restricting your calorie intake to 500-600 calories while continuing to eat normally for the remaining 5 days. At the end of the week, a 10 per cent calorie deficit is created even with this method that helps lose weight.

Pro tip: The 16/8 method of IF is the easiest and the most sustainable option. Most people who follow this method are sleeping for at

least 8 hours of the 16-hour fasting window making it easier to tolerate hunger. Your body continues to remain in a fasted state as long as your caloric intake is less than 50 calories.

Benefits

- Improves insulin resistance
- Reduces hypertension
- Reduces Inflammation
- Keeps cholesterol in check
- Helps improve verbal memory
- Improves executive function

Pro tip: People looking toward living a healthier lifestyle, even those who do not want to lose a lot of weight, could try these eating methods to reap the benefits of fasting.

"As a physical trainer, my goal towards my client is to improve overall fitness, gain muscle mass & strength, and that doesn't always include fasting," says Tejas Sule, a professional men's classic physique athlete and ACSM certified trainer. "People are choosing fasting as an easy weight loss solution which is wrong. It is alright to fast for a couple of days in a week if you are in good health, but absolutely detrimental if you have underlying medical issues that need medications several times in a day," he adds. According to Sule, fasting is also not the best practice for women who are pregnant or breastfeeding.

Pro tip: While fasting is a popular weight loss and fat loss method, it is always best to consult a doctor to meet your nutrition needs.

MIND, BODY & HEART



All problems solved

Dear Coleen

I'm a single guy in my 20s and I like a girl at work, who I've got to know a bit over the past few months. She flirts with me a lot (I think) and makes a point of seeking me out to chat. She gives me quite sexy, flirty looks and pays me a lot of compliments. I'm rubbish at this kind of thing, so don't have much confidence when it comes to asking women out on dates. I also worry I've got the wrong end of the stick and I've read the situation wrong and she'll think I'm nuts. My mates don't seem to have these issues - it seems to be easy for them. Please advise.

COLEEN SAYS

How do you know your mates don't feel nervous asking girls out? I'm sure they are, but maybe they're less bothered about rejection and they don't overthink it.

Stop waiting for this girl you like to make the move and ask her out - it doesn't have to be a romantic dinner for two, but you can suggest a coffee or a drink after work to get to know each other better.

Or even suggest a group night out with some other workmates, so you don't feel under so much pressure. Trust me, confidence is a very attractive quality, but if you're lacking it, summon up some acting skills and act confident, even if you don't feel it inside.

What's the worst that can happen? She'll say no to going for a drink and you can move on.

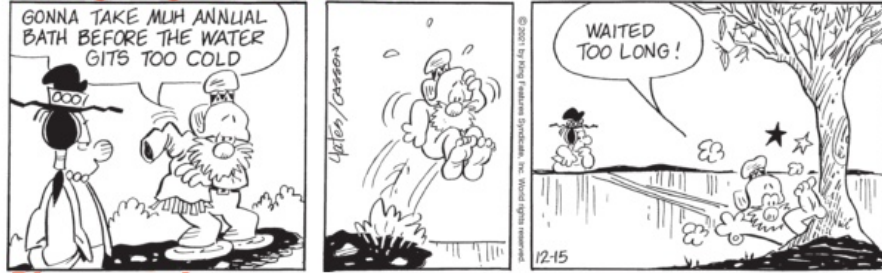
But from what you've described, it sounds as if she does like you. So take some confidence from that and bite the bullet.

—Coleen Nolan,
Daily Mirror



COMICS

Redeye by Mel Casson



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

You may be busy at work. An over load may make you mentally tired. You may not be able to enjoy a family event or may reach too late for it. This can affect domestic harmony. Your efficiency may be praised by seniors. You can expect a promotion in the current job.



Leo Jul 24 - Aug 23

You may resolve many problems with the help of your way of speaking. You may also plan to go for higher studies to enhance your skills, which may be beneficial for your career in the near future. Love birds may enjoy romantic moments. You may be able to control your opponents and rivals. You may also plan to apply for a home or vehicle loan.



Sagittarius Nov 23 - Dec 22

Control your straightforward instincts. Plan to renovate your house. You may spend to buy some artefacts for home. You may enjoy a social event, which may boost your network. You may also invest some capital in your family business.



Taurus Apr 21 - May 20

You are blessed by elders. Paused projects may resume. Money which was stuck may get recovered. You may also plan to go on a religious trip with family members, which may boost your inner strength. You may receive a chance to go on an overseas trip.



Virgo Aug 24 - Sep 23

Today, you may be busy with children's education. You may travel this. You may also plan for a change in your current job and may also explore higher education to enhance your career. You may hear good news in terms of job interviews. Love birds may enjoy happy moments.



Capricorn Dec 23 - Jan 20

Today, you may be blessed by the moon. After sound sleep, you may feel healthy and may enjoy every moment. The moon will make you confident, which may reflect in your way of working. Old health issues may be resolved now. You may help a needy person, which may boost your respect around you.



Gemini May 21 - Jun 21

You may be affected by a negative moon, which may make you upset and arrogant. Your profits may convert into losses. Postpone making investments for a few days. You may be in the mood to explore yourself and discover the reality of life.



Libra Sep 24 - Oct 22

Today, you may have a change in your place or position. You are advised to read any document carefully before signing it. You are advised to be careful about parents' health. Investments in risky assets may lead to losses. Postpone making investment for some time.



Aquarius Jan 21 - Feb 19

Today, you may feel unhappiness and may feel dull and unhealthy. This will affect your way of working and there may be some delay in your current projects, which may lead to arrogance. Avoid adventurous tours or rash driving. Love bird may break up.



Cancer Jun 22 - July 23

Today, you are blessed by the moon. Money which was stuck may be recovered now, which may boost your financial health. You may be in a prime position in your office to lead a project. You may get incentives in terms of promotions. Your understanding with your spouse may improve, which may create domestic harmony.



Scorpio Oct 23 - Nov 22

Today, you are blessed by the moon and may be energetic. You may make fast decisions in terms of your business. Subordinates may help you to complete your project before time, which may increase trust in the environment. Disputes with siblings may be resolved now. Those in jobs may get some incentives in terms of promotions.



Pisces Feb 20 - Mar 20

You may receive a big order, which may boost your business. With the help of some influential person, you may get benefits at work. You may also expect promotions. Job seekers may get suitable jobs. You may plan to renovate your house or office, which will enhance your status. You may enjoy romantic moments with your loved one.



KIDZONE



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STRIKE OUT

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SOLVE IN 1M

Minissha Lamba

Indian actress Minissha Lamba also found herself mistaken for fellow Indian beauty Aishwarya Rai Bachchan. The actress, who walked the red carpet at the Cannes event, was tagged as Ash on media portals.



CASE OF MISTAKEN IDENTITY

We take a look at celebs who were mistaken for other people

In this day and age of social media, it is not very often that you hear of global stars being mistaken for other people. However, the same could not be said for Bollywood divas and even Hollywood stars who were at some point caught up in a case of mistaken identity. While some just laughed it off, others took it to heart.

Sienna Miller

Sienna Miller has no qualms about being mistaken for fellow blonde and bestie Naomi Watts. In a statement to AP, the actress said, "Me and Naomi Watts are friends, but we often get sent each other's headshots to sign, which I'll take happily."



Mallika Sherawat

Back in the day, Mallika Sherawat also hit headlines when she was mistaken for Bond girl Stephanie Sigman. The foreign press mistook Sherawat for the Mexican star while she was promoting her film with Jackie Chan.



Deepika Padukone

Deepika Padukone not only went unrecognised by foreign media but was also mistaken as Priyanka Chopra on one of her trips to LA. When Deepika was asked about the incident, she lashed out at the foreign press, terming it as "racism".

At a Cannes press event in 2017, Deepika addressed the incident and said, "It's not just me being offended. Everyone should be offended. It is not just ignorance, it is racist. Two people of the same colour aren't the same. You should educate them and not encourage them."



Priyanka Chopra

Priyanka Chopra recently reacted to Rosie O'Donnell's video, in which the American comedian apologised for mistaking her for the daughter of Indian-born American author Deepak Chopra. PeeCee reacted to O'Donnell's public apology by posting a note on her Instagram Stories.

The actor said it would have been better if the comedian had only Googled her name, and went on to add, "We ALL deserve to be respected for our unique individuality and not be referred to as 'someone' or 'wife', especially in a sincere apology. If we can learn to respect our differences in an authentic way, the world we raise our children in will be amazing."



Smile please, Rakul says



One thing is for sure that smile is actor Rakul Preet Singh's stress buster. On Sunday, Rakul took to Instagram and shared one of her adorable pictures from her vacation in the Maldives. In the image, the 'De De Pyaar De' star can be seen flashing her million-dollar smile. Alongside the image, she urged her followers to smile more often in life as it's a free therapy. "Smile away !! It's free therapy #islandlife," she captioned the post.

A day ago, Rakul flaunted her toned figure in a yellow co-ord set and accessorised the look with a hat and goggles.

Meanwhile, on the work front, Rakul's upcoming projects include 'Doctor G' with Ayushmann Khurrana, 'Chhatrawali' and 'Runway 34'. She is awaiting the theatrical release of 'Attack', which stars John Abraham and Jacqueline Fernandez apart from her and is slated to release on April 1, 2022.

Prior to her visit to the Maldives, Rakul was in Mussoorie along with Akshay Kumar for the shoot of their yet-to-be-titled film.

ANI

The date is etched

Ever since Farhan Akhtar and Shibani Dandekar got married, their Instagram accounts have been flooded with pre-wedding, wedding and post-wedding pictures. In the latest, Shibani Dandekar has shared a set of gorgeous photoshoot pictures in which she is flaunting some of her arm tattoos. One of them on her left arm is their wedding date in Roman numerical XXI-II-XXII. There's another tattoo on the wrist that has a symbol alongside the number 27 written in vertical arrangement. There's one more on her left hand's ring finger, which is not totally visible.

Shibani Dandekar who is head over heels in love with hubby Farhan, recently made it Insta official as she added last name Akhtar, and also added MRS AKHTAR in her bio. If you remember, in August 2021, Shibani had also tattooed Farhan's name on her neck.

